

Adair County 4-H



Family Handbook

A Resource Guide on our 4-H program.

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Welcome to Adair County 4-H!!

This guide has been prepared to help you gain a better understanding of the Adair County 4-H Program. It will not have all the answers, but hopefully it will provide an insight on the 4-H Program. All of us involved with the Adair County 4-H program feel we have much to offer our members (and potential members), and want to make your family's 4-H experience worthwhile.

"4-H is a Family Affair!" Every member of the family, youngsters and parents alike, can benefit from belonging to and participating in 4-H. Parents of a 4-H member are extremely important. Your children need your support, help and guidance to get the most out of any experience.

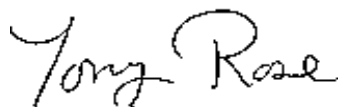
No one can influence or do as much for children as their own parents. The 4-H program is adults and youth, parents and children, working together to accomplish goals. 4-H provides an opportunity for youth to have other significant adults in their lives that have a positive impact on their life skill development.

The 4-H program, projects and activities offer many opportunities for parents to positively influence their children. Please join our 4-H program with the understanding that the whole family involvement is the key to developing youth and helping our 4-H program remain progressive and educational. 4-H is a family affair--we are proud of the need for parents and children to work together.

This guide will be supported monthly with a newsletter from the Adair County Cooperative Extension Service along with 4-H newsletters and the County 4-H website. When questions arise, please feel free to contact me. I have an open door policy.

Again, welcome! We are glad to have your interest in the Adair County 4-H Program.

Sincerely,



Tony Rose
County Extension Agent
for 4-H Youth Development

Table of Contents

	Page
Kentucky 4-H Youth Development Program	4-5
Benefits of 4-H Program	6-7
4-H Lore	8
What kind of a group will my child join?	9-10
What is a 4-H Club?	11-12
4-H Clubs in Adair County	13
4-H Projects	14
Special 4-H Events	15
Programs and Activities	16
Core Curriculum Areas	17-18
Understanding Judging	19-20
Volunteer Opportunities	21-22
Adair County 4-H Point System	23



KENTUCKY 4-H YOUTH DEVELOPMENT PROGRAM

4-H is a community of young people across America who are learning leadership, citizenship, and life skills. 4-H is the youth development component of Kentucky Cooperative Extension. The Extension Service extends the University of Kentucky and Kentucky State University to citizens throughout the commonwealth. 4-H involves youth through individual self-study projects at home, organized clubs in communities and schools, special interest groups, camp, television, after-school child care programs, or as part of the school curriculum.

4-H programming is developed by County Extension Agents and state specialists with Cooperative Extension in cooperation with councils, volunteers, community organizations and local and state governments. Our county 4-H program is administered at the state level by Cooperative Extension, University of Kentucky College of Agriculture and Kentucky State University. Educational programs of the University of Kentucky Cooperative Extension Service serve all people, regardless of race, color, age, sex, religion, disability, or national origin.

Age Requirements

A young person in Kentucky may join 4-H at the age of nine and continue his/her participation up through age 18. Some counties offer Clover Bud activities for children as young as age 5; in those counties, 4-H participation will begin before age 9. (The age at which a young person may join a 4-H Clover Bud program is a county decision.) The age of a young person is determined by the age he/she is on January 1 of the program year.

Program Year

The “4-H Program Year” in Kentucky is September 1 through August 31.

4-H Membership

4-H Membership should be in the county where the person is a resident. Membership in a county program other than the county of residence has been allowed under the following circumstances:

- The member attends school and participates in a school based program in another county.
- A program in which the 4-Her is interested in is not available in the home county.

If the county is in another area, once the agreement has been made between the counties, the 4-Her participates in area activities in which the county of participation is located. Extension Agents with major 4-H responsibility and the 4-H councils of both counties are to have an agreement in writing outlining the details of the arrangement.

Who funds 4-H?

University of Kentucky Extension receives funding from the United States Department of Agriculture (USDA), the state of Kentucky, and local county boards. A variety of private donors also fund Extension.

Kentucky Cooperative Extension Service

Congress created the Cooperative Extension system nearly a century ago to “extend” the teaching and research of universities to people of all ages wherever they live. Each year, millions of Kentucky citizens participate in CE’s non-formal educational programs in 4-H youth development, agriculture, natural resources, family and consumer sciences, community and economic development. The efforts of Extension agents are multiplied through a cadre of volunteers. Extension is based in the University of Kentucky College of Agriculture and Kentucky State University. Funding is provided by county, state and federal governments, as well as, private partners.

Description of Kentucky 4-H

Kentucky 4-H Youth Development strives to meet the four developmental needs all people have:

- Need for belonging
- Mastery of skills
- Independence
- Generosity

With these developmental needs as a base, we help 4-H youth develop the basic skills they will need to succeed as adults. We call these life skills and they include such things as:

- effective decision making skills
- good communication skills
- practical skills in living
- leadership/citizenship skills

How do we accomplish these results?

The child is the center of what we do. Every Kentucky child deserves the opportunity to live a good life. Every year, through our Kentucky 4-H YDP we help thousands of youth live a better life. 4-H involves youth, both boys and girls from the ages of 9 through 18. Some counties also involve youth younger than age 9. 4-H happens wherever kids live—in large cities, small towns, in rural communities, on farms, and even on military bases. Every county offers a variety of ways for youth to be involved:

- ... through clubs which meet out in the community or the classroom and are led by volunteers
- ... through learning activities done during school hours which compliment the classroom curriculum
- ... through camp at one of the four resident camping facilities or local “day” camps
- ... through individual 4-H projects done with the help of family members but not in an organized 4-H group.

Every child needs to have a sense of closeness to at least one significant adult. 4-H capitalizes on the talents and expertise of volunteers to help meet this need. 4-H Youth Development is linked to the knowledge base at the University of Kentucky, College of Agriculture, Kentucky State University and all other land grant universities throughout the country.

Benefits of 4-H Programs

4-H is a family affair, offering many opportunities where both child and parent can participate with common interests. The success of the 4-H program experience depends greatly upon parent support and involvement. By being involved in 4-H, parents can ensure the best growth experience possible for their child.

Benefits to the Child

When parents participate in 4-H, their child benefits from their support. In clubs where parental support is present, members receive more personal attention and guidance. Through this support, the child gains confidence and a feeling of security.

Benefits for Parents

Participation in the 4-H program can help parents feel they are contributing to the development of their own child as well as other children. Involvement in 4-H can promote a sense of adequacy, self-worth, and self-confidence in parents. Parents gain new skills and interests as well as ideas for helping youth learn as they help out. Parents often develop or strengthen a positive rapport with their own child and other youth involved in 4-H. Through involvement in 4-H, parents strengthen their social networks with other parents and youth in the community.

Benefits to the Family

Not only does your child benefit from your involvement in 4-H, families benefit by sharing learning experiences and developing common interests. Through 4-H, family members support each other creating a sense of togetherness. Families are linked to other 4-H members and parents providing a connection with the community.

Benefit for Leaders and 4-H Staff

4-H Parents can save leaders and 4-H Youth Development Agents time and work. They can offer skills and connections that the leader or 4-H Agent may not have. Having active parents involved utilizes all the talents of the group and increases manpower supporting the club or program. When parental support is positive, the club is likely to become stronger, and more active.

Parental Involvement at Home

With many parents working these days, it might be hard to imagine having the time to help your child. Parents can play an important role at home in supporting their child's 4-H experience by helping them prepare for 4-H club meetings, a 4-H event or contest. They can help their child with 4-H project work and record keeping.

Parent Involvement is Key

Parents ensure the best growth experience possible for their child when they get involved. Working with the club, the projects and the leadership of a local school or community 4-H program shows their child that they care and are willing to give their time and energy to support their interests. Research shows when parents are involved, children are more likely to progress academically, to enjoy the experience, to participate in extracurricular activities and are less likely to be a discipline problem. Participation in the 4-H program can help the parent contribute to their community and to the development of their own child and other children.

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What is expected of parents?

Children need parental encouragement to get them started in 4-H and to keep them involved in the program in later years. Parents can help by:

- ◆ Sharing - provide encouragement and take interest in 4-H projects and activities. Listen, look, and offer suggestions, but avoid the temptation to "take over" and do things. Children learn by their mistakes as well as successes.
- ◆ Preparing - assist by helping children understand the value of doing projects, having duties in the club, and following through on responsibilities as expected by others.
- ◆ Being there - Children gain more from 4-H by attending meetings regularly and getting involved in 4-H activities. Parents are welcome at meetings and are encouraged to stay and observe. Lend a hand whenever possible. However, remember that 4-H clubs are for kids.
- ◆ Caring - arrange to participate whenever possible. Parents' presence shows the child that what he or she is doing is very important.

What is my role as a parent of a 4-H member?

4-H is a family program. As a parent, your role will be to support, encourage, praise and assist (without doing it for them). Assisting your 4-H'er in selecting the appropriate projects is the first step in assuring a successful 4-H experience. Parents are encouraged to take a leadership role in the 4-H program by offering expertise in a certain area, serving as a volunteer leader and/or serving as a resource. 4-H'ers will benefit at a higher level when the family takes an active role in the program.



4-H...The Power of YOUTH

4-H Lore

The 4-H Pledge

"I Pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
and my Health to better living,
for my club, my community, my country,
and my world."

The pledge tells what 4-H is all about. 4-H has as its goal the four-fold development of youth: Head, Heart, Hands and Health. The pledge was adopted by the delegates to the 1927 National 4-H Club Camp in Washington, DC. State club leaders voted for and adopted the pledge for universal use. The phrase "and my world" was added in 1973. The saying of the pledge has prominent place in 4-H activities at regular 4-H meetings, achievement days, and other club events.



4-H Mission

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

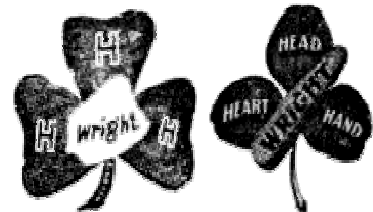
4-H Vision

A world in which youth and adults learn, grow and work together as catalysts for positive change.

The 4-H Emblem, Colors, and the four H's

The original symbol of the Boys and Girls Clubs was a three leaf clover with the words Head, Heart, and Hands. Nebraska clubs used the words as part of their statement of purpose: "to educate the youth of the county, town and city to a knowledge of their dependence upon nature's resources, and to the value of the fullest development of hand, head and heart..."

Here are two examples of the pins designed by O.H. Benson, Superintendent of Schools, Wright County, Iowa. He used the design on placards, posters and badges in 1907 or 1908. On September 16, 1909, he placed the first order on record with the Union Emblem Company for the pins. Benson and others are said to have had a four-leaf H design around 1908, but no record of it has been found.



Early in 1911, a meeting of club leaders in Washington adopted a committee recommendation approving the present 4-H emblem design. O.B. Martin, who was directing club work in the South, is credited with suggesting that the 4-H's stand for Head, Heart, Hands and Health. (Benson originally referred to a fourth H as Hustle.)

The 4-H emblem is federally protected under Section 18 US Code 707 and belongs to the Congress of the United States. The official emblem is green with white H's - the 4-H colors. The white symbolizes purity. The green represents nature's most common color and is emblematic of youth, life, and growth.

Motto: "To Make The Best Better"

The motto was adopted at about the same time as the 4-H Club Pledge. Its intent is to inspire young people to continue to learn and grow, to make their best efforts better through participating in educational experiences.

"Learning By Doing"

This phrase sums up the educational philosophy of the 4-H program. Young people learn best when they are involved in their learning. The intent is to do, reflect, and apply.

* Adapted from the National 4-H Headquarters Materials.

What kind of a group will my child join?

4-H is available in many forms:

4-H Unit - A 4-H term that applies to all 4-H groups, including clubs, single project clubs, special interest groups and school enrichment programs.

Organized clubs, which meet on a regular basis and has officers, can be focused on one particular project (i.e. sewing, livestock, woodworking, etc.) or can be a combination of several projects.

School based programs: These programs partner with the local school system to extend 4-H Youth Development to the formal education setting.

School Enrichment – The Kentucky 4-H definition of school enrichment is: groups of youth receiving a sequence of learning experiences in cooperation with school officials during school hours to support the school curriculum. It involves direct teaching by extension staff or trained volunteers, including the classroom teacher. 4-H school enrichment works with urban, suburban and rural communities by providing innovative "learn-by-doing" curricula that makes available an array of topics that revolve around the Kentucky 4-H Core Curriculum.

After School – The Kentucky 4-H definition of after school programming is: 4-H After-school is the direct and indirect support of educational programming available to children and youth in grades K – 12 that takes place outside the regular school day whether in a structured child care facility or another setting (i.e. school campus, church, community center, etc.), specifically during the hours of 3-6 pm. 4-H After School works with urban, suburban and rural communities to identify their areas of need and interest and then build customized programs to meet those needs.

School Clubs – A Kentucky 4-H Club is defined as a chartered group consisting of a minimum of five (5) youth members with a minimum of three (3) annually elected officers (president, vice-president, secretary) that are provided training materials. Each program year the club should have a minimum of six (6) hours of educational instruction in at least 5 meetings with the officers presiding. An adult who has completed the youth protection guidelines will provide guidance at each meeting.



Special Interest/Day Camp: This category includes special interest, short term programs and day camps. Groups of youth meet for a set period of time for a specific issue, project or learning experience that involves direct teaching by extension agents/assistants or trained volunteers, including school teachers. The program is not part of the school curriculum and not restricted to members of 4-H clubs.

Overnight Camp: Youth taking part in an Extension-planned educational experience of group living in the out-of-doors, which includes being away from home at least one night (resident, primitive, or travel camping).

Individual Study: This category includes individual study, mentoring, and family learning programs. Planned learning that occurs independent of a formal group setting such as a club, as an individual, paired, or family learning effort. Self-directed, usually with limited adult involvement except for parent or mentor.

Project - In-depth, structured subject matter study and participation, usually sequentially designed and built around the development of skills and knowledge. A project is expected to include at least six hours of experiential work under the leadership of a volunteer.

Activity - A learning opportunity selected by a club or project group which will be of value to the entire club or community, e.g., First Aid, Eye Care Examination, Home Safety Check.



What Is A 4-H Club?

Description

According to National 4-H Headquarters, *the purpose of a 4-H club is to provide positive youth development opportunities which meet the need of young people to experience belonging, mastery, independence, and generosity—the Essential Elements—and to foster educational opportunities tied to the Land Grant University knowledge base.*

Developmental Need

Belonging:

Essential Element

Positive relationship with a caring adult

An inclusive environment

A safe environment

Mastery:

Engagement in learning

Opportunity for mastery

Independence:

Opportunity to see oneself as an active participant in the future

Opportunity for self-determination

Generosity:

Opportunity to value and practice service to others

(National definition adopted by Kentucky 4-H)

Definition of “CLUB”:

According to National 4-H Headquarters, *"a 4-H Club is an organized group of youth who meet regularly with adult volunteers or staff for a long term progressive series of educational experiences"*

(National definition adopted by Kentucky 4-H)

A Kentucky 4-H Club...

- Has a minimum of 5 members.
- Elects at least 3 officers annually (President, Vice President, and Secretary).
- Plans to complete a minimum of 6 hours of educational instruction during the year.
- Has a minimum of 5 meetings per year, with officers presiding.
- Is under the guidance of a leader who has been accepted as a KY 4-H Volunteer through the Youth Protection process.
- Is chartered to use the 4-H name and emblem by National 4-H Headquarters.

National definition adapted for use by Kentucky 4-H)



Educational and Youth Development Principles of a Club:

- Uses experiential learning—learning by doing—as a primary teaching approach.
- Must have programming that shows evidence of promoting the Essential Elements of 4-H Youth Development.
- Includes planned opportunities to learn and apply life skills such as leadership, citizenship, community service and public speaking.
- Provides individual project experiences to develop in-depth knowledge in a wide range of subject matter areas relevant to the Land Grant University knowledge base which meet youth needs and interests.
- Provides programs, curricula, and procedures that are based in research and are developmentally appropriate.
- Provides members and volunteers access to resources of land-grant universities and to county, state, and national 4-H opportunities.
- Fosters youth-adult partnerships that encourage active involvement and participation by youth and adults.
- Provides safe and healthy physical and emotional environments.

(National definition adapted for use by Kentucky 4-H)

Program Management and Implementation for a Club:

Selects its own club name. Club names must:

1. Be specific to the 4-H club or organization either through a unique name or by identifying the county or location. Not be overtly religious or represent the beliefs of one denomination over another;
 2. Not imply that membership is limited or exclusive; and
 3. Not be offensive or generally seen as demeaning to any group protected by equal opportunity regulations.
- Develops a set of by-laws or rules approved by the members to govern the club.
 - Develops an annual educational plan.
 - Keeps records of their meetings and finances.
 - Must be chartered by National 4-H Headquarters at the U.S. Department of Agriculture to be recognized as part of Kentucky 4-H, authorized to use the 4-H Name and Emblem, and to be eligible for tax exempt status.
 - Complies with applicable state, Land Grant University and National 4-H Headquarters' policies.

4-H Clubs in Adair County

These are some of the 4-H Clubs that youth of Adair County may become involved in.

School Clubs

These clubs are conducted at the local schools. These clubs elect officers, conduct meetings, conduct educational activities.

Horse Club



Youth who participate in the horse program will be involved in educational activities as well as competitive events. There are many different events and activities for youth to get involved in on the county, area, state, and national level. The horse program will meet usually once a month for the youth, and adult volunteer leaders will meet to plan or carry out activities and events.

Livestock Club

For youth who have an interest in participating in livestock projects. This club includes: beef, dairy, goat, sheep, swine and country ham. Youth will learn how to conduct a success livestock project.

Teen Council

The Adair County Teen Council is open to youth ages 13 to 19 years old. The Teen Council is for youth who are interested in participating in Leadership Development, Community Service Projects, social events, and other activities designed for Teens.

Home School Club



This club is for Home School youth. This club will conduct educational programs, conduct meetings, and many more activities.

Shooting Sports Club



The program teaches young people the safe and responsible use and the fundamentals of shooting firearms, as well as the care of equipment. Shooting sports promote responsibility, decision making and identifying realistic personal goals. The shooting disciplines that are available include: .22 rifle and pistol, shotgun, archery, black powder rifle and pistol, B.B. and air gun rifle and pistol.

4-H Projects

*4-H offers many projects for all ages.
Think about some of these; there are many more.*

Baby Sitting

Bicycle

Clothing

Corn

Electric

Fishing

Geology

Sheep

Tractor

Consumer Education

Natural Resources

Vegetable Garden

Beef

Citizenship

Goat

Dairy Foods

Energy

Foods

Photography

Small Engines

Wood Working

Communications

Home Environment

Veterinary Science

Leadership

Horse

Dairy

Dog

Entomology

Forestry

Rabbits

Swine

Needlework

Workforce Prep

Country Ham



Special 4-H Events

KENTUCKY TEEN CONFERENCE

A conference is held for 4-Hers who have graduated from eighth grade through age 19. Spend a week on the University of Kentucky's campus with teens from across the state. Workshops, banquets, dances, and the State Fashion Revue highlight the week. The state 4-H officers are elected at Senior Conference.

S.A.F.A.R.I. After school programs

The Adair County 4-H programs is collaborating with the local school system to sponsor a after school program call S.A.F.A.R.I. This program is currently being offered at John Adair Intermediate school and Adair County Elementary. To date the 4-H program has received over \$100,000 in grants to support this after school program. Programs are offered in many different area such as arts, crafts, photography, archery, reading, etc.

COUNTY AWARDS BANQUET

The county 4-H winners in the various projects and activities are recognized at a banquet. In addition to the activity awards, 4-Hers are recognized for their total 4-H involvement. The top junior and senior member will be named the Outstanding 4-Her in the county.

PRE TEEN CONFERENCE

The conference will be for currently enrolled 7th and 8th graders. This conference is designed for 7th and 8th graders who have an interest in improving leadership skills and other activities for this age group.

LEADERSHIP DEVELOPMENT PROGRAMS

These leadership programs are open to Middle and High School youth.

The goals of this program are to educate young people about our community; to educate young people about leadership; and to engage young people in community involvement. The intended outcomes of this program are to promote the values of leadership and community involvement; to create future leaders in our community, to create relationships between youth and local businesses and organizations; and to promote the strengths of the Adair County area.

AMABASSADOR PROGRAM

The purpose of the program is twofold. First, Ambassadors will serve as educational resources to 4-H youth development programs. Ambassadors will be trained to teach youth and adults about such topics as communication, diversity issues, and ethical leadership. In addition, they will teach youth and adults by leading hands-on workshops and trainings. Secondly, the Ambassadors will serve as spokespeople to represent the youth who participate in Adair County 4-H and its programs.

Programs and Activities

TALK MEET

Gives 4-Hers the opportunity to speak before a group. The contest is divided into age groups. Speech may be given on any topic. You can get assistance from many sources.

DEMONSTRATIONS

You have the opportunity to demonstrate or show others a skill that you have gained, possibly from involvement with your project. Demonstrations involve speaking with the use of props to help in showing and telling. Divisions are made according to subject matter and age.

JUDGING CONTEST

Practice decision making while learning what “qualities” to look for in livestock, horses, dairy cattle, vegetables, and land. Learn to tell the quality of animals by looking at their muscle, confirmation, frame, etc. Vegetable judging includes seed, leaf, and fruit identification.

LIVESTOCK , HORSE, AND DOG SHOW

If you have selected an animal project or have interest, you may enter your animal in area or state shows. There are categories for most animals including shows for beef, dairy, swine, goat, sheep, horse, or dog.

SHOOTING SPORTS

This program teaches safety and proper use of firearms and archery equipment. After training and practice, 4-Hers may enter area and state competition in archery, air rifle/pistol, BB gun, black powder, 22 rifle/pistol, and trap shooting. 4-Hers may also attend Shooting Sports Camp held during Spring Break.

POSTER CONTEST

Here is your opportunity to show others what 4-H means to you. You can use water color, ink, crayons, acrylics, charcoal, oils or just about anything to make a poster. Just use your imagination.

POETRY CONTEST

Improve your creative writing skills by turning in one of your original poems. The topic is your choice.

4-H CAMP

A five day summer program of boating, swimming, shooting sports, crafts, nature study, and recreation at Lake Cumberland is in store for those who are interested.

EXHIBITS

When your project is finished, you may exhibit it at your club or class meeting. In the summer, you may enter them at the county level for display during the County Fair. You may also be eligible for State Fair competition.

WORKSHOPS

Project workshops such as clothing, photography, judging, shooting sports, etc. will be held throughout the year. They are usually announced on local radio, local newspaper, and club meeting.

Kentucky 4-H

Seven Core Curriculum Areas

Animal Science

For many, 4-H is synonymous with animals. Youth learn to care for, select, show, manage, and breed animals. Perhaps most importantly, they learn the responsibility of caring for another living thing.

General Livestock	Beef	Dairy cattle
Dog	Goat	Horse
Poultry	Rabbit	Sheep
Swine	Country Ham	



4-H relies on staff within the College of Agriculture Department of Animal Science to support these projects.

Communications



Although public speaking is the No. 1 fear of most people, it's commonly accepted that everyone needs effective communication skills throughout life. 4-H alumni often attribute their skill in public speaking to their 4-H experience.

- Public speaking and demonstration
- Reading
- Listening
- Communication within the family

Family and Consumer Sciences

Every child has the right to a good life. While interpretations vary, 4-Hers have the opportunity to learn contributing skills—to make the most of one's appearance; to earn, manage, and spend money wisely; to live a healthy lifestyle; and to create a pleasant home with supportive relationships.

Apparel and textiles	Consumer and financial education
Family life (child care)	Foods and nutrition
Home environment	Workforce preparation

Agents and specialists in Family and Consumer Sciences provide expertise in these projects.



Health



It only takes a glance at current headlines to see that Kentuckians need to get serious about health. Obesity, AIDS, drug abuse, poor nutrition, sedentary lifestyles—illnesses usually associated with adulthood are now attacking children.

Healthy lifestyles Nutrition
Fitness Character

Professionals in Health Education through Extension Leadership (HEEL) and Family and Consumer Sciences provide guidance to these projects.

Leadership

Young people are by far Kentucky's greatest resource. 4-H helps youth develop their own abilities in bringing people together in an organized manner to accomplish personal and neighborhood goals.

Building relationships Communication
Planning and organizing Group process



Natural Resources



Kentucky is known for its wealth of natural resources. While they learn about natural resources in school, 4-H encourages kids to get up-close and personal with the outdoors.

Natural resources and the environment

Entomology Forestry
Geology Soils
Water Wildlife

SET- (Science, Engineering, and Technology)

Kentucky 4-H Gets S.E.T. for the 21st Century. Youth will explore opportunities in careers that currently focus on Science, Engineering & Technology (SET) as well as careers on the horizon. The five areas identified to begin the new program are: Biotechnology, Geospatial (GPS/GIS), Electronics (KEEP), Multi-Media and Robotics.



Understanding 4-H Judging

Children join 4-H to have fun, learn/refine skills and make new friends. One reason why 4-H is so successful is because children choose to do whatever interests them. As participation increases, 4-H'ers learn more, begin to assess progress for themselves, and look to others for evaluation of their work. The judging process in 4-H is like real life. 4-H'ers set goals, work to achieve them, and reap rewards for their efforts. Having one's accomplishments evaluated can be motivating and educational for 4-H'ers. When judges critique their work or performance, it serves as a guide to further their improvement. The judging process is more valuable than the award or recognition. To plan, practice, and present a finished product is to "learn by doing." To graciously accept constructive criticism of one's work is a real life experience. 4-H'ers learn quickly that judging results reflect a personal opinion, and that evaluation will vary among judges. Maintain a balance of activities to recognize and motivate your 4-H'ers.

Types of Evaluation

Conference or interview:

The judge interviews the participant as he/she evaluates the product against a set of standards. The purpose of this judging is to determine what the 4-H'er learned in completing the project. Comments are provided verbally and also in writing on a score sheet.

Project judging:

The judge evaluates the finished products against a set of standards without the member present. The focus is the quality of the project **itself** and not the learning process. Comments are provided to the participant in writing, usually on a score sheet.

Performance judging:

The judge evaluates how a 4-H'er accomplishes a task or goal in progress. The judge looks for skills being used, as well as evaluating the end result. This type of event enables the 4-H'er and the judge to see how the performance directly effects the end product. Comments are often provided verbally and also in writing on a score sheet.

Danish Judging

In 4-H most judging involves the Danish system of judging. In this system, the judges do not judge one person's work by comparing it to another's. The evaluation is made against a standard. A judge looks to see whether requirements are met. Often a score sheet is used, available from the county 4-H office. If the work meets high standards, it receives an excellent rating and blue ribbon. A red ribbon signifies very good work. White ribbons are given for work of good quality that will benefit from further improvements. Purple is the highest ribbon awarded. It is the champion ribbon and signifies the one outstanding achievement in a class or project area. One advantage of this system is that everyone whose work fulfills minimum qualification can receive a ribbon. If all entries are judged to be excellent, all receive blue ribbons. The purpose of using the Danish judging system is to give every 4-H member the recognition deserved for the work that was done. It also helps young people recognize the need to improve their skills and to "make the best better."

Peer Competition

While Danish judging focuses on set standards, other judging compares one 4-H'ers' work to another's. This is peer competition. This type of judging may be used to select the "best" projects within a class. An example of this would be awarding a "Best in Show" rosette to the photo with the highest score in a photo judging contest. In some projects, such as horse shows, participants are ranked against one another and given placings, such as 1st, 2nd, 3rd place, etc.

4-H Believes

- 4-H boys and girls are more important than 4-H projects.
- Learning how to do a project is more important than the project itself.
- "Learning by doing" through a useful work project is fundamental in any sound educational program and characteristic of the 4-H program.
- There is more than one good way to do most things.
- Our job is to teach 4-H'ers how to think, not what to think.
- A balanced program of work and play, geared to the individual's needs, is more important than "grooming winners".
- Competition is a natural human trait and should be recognized as such in 4-H work. It should be given no more emphasis than other 4-H fundamentals.
- Every 4-H member needs to be noticed, to feel important, to experience success and to be praised.
- No 4-H award is worth sacrificing the reputation of a 4-H member or a 4-H leader.
- A blue ribbon 4-H member with a red ribbon chicken is more desirable than a red ribbon member with a blue ribbon chicken.

adapted from South Dakota newsletter by GB/85



Volunteer Opportunities

If you would like to be a 4-H Volunteer Leader or explore ways to help 4-H in Adair County, contact: Tony Rose- 4-H Agent at the Adair County Cooperative Extension Service.

As a Volunteer You May:

- * teach young people "Learning by doing."
- * help young people plan and learn to work with others while working towards individual and group goals.
- * receive satisfaction influencing the development of young people, contributing towards career decisions, and knowing you have a stake in tomorrow.
- * become a part of the world's largest youth organization.

Youth Protection Standards

Volunteer contributions of time and dollars are critical in assisting our mission of helping youth become capable, competent, and caring citizens.

To support Kentucky 4-H members, parents, volunteers, and salaried staff, we have established youth protection standards concerning an individual's involvement as a volunteer. These standards are designed to:

- * support and encourage a positive experience for all youth, parents, volunteers and professionals
- * increase organizational effectiveness in communicating with 4-H members, parents, volunteers and professionals
- * improved organizational accountability to University, government, and private organizations and agencies who provide the resources necessary to conduct the Kentucky 4-H/Youth Development Program.

The Kentucky Cooperative Extension Service *requires* each prospective volunteer who works directly with youth to:

1. complete the Kentucky Cooperative Extension Service Volunteer Application Form
2. agree to abide by and sign the Kentucky Cooperative Extension Service Expectations for Volunteers form
3. sign an appropriate position
4. participate in a background check
5. be trained in the Kentucky Cooperative Extension Service Extension Service Youth Protection Standard.

Community Club Leader

A person who works with a 4-H community club's function is to assist the club's members in planning the annual club program, conducting club business and enrolling individually or as a group in one or more 4-H projects. Members of a community club are usually from a small geographic area. Clubs must have a minimum of five members, at least three officers and a volunteer leader.

Project Club Leader

This position is nearly identical to the Community Club Leader with two important exceptions:

1. the project leader is an "expert" or serves as a resource in one specific project area
2. project clubs are usually county-wide and are not restricted to specific locations within the county.

Project Clubs must have a minimum of five members, at least three officers and a volunteer leader. An example of a Project Club Leader includes a Horse Club Leader or a Livestock Club Leader, in which on-going programming is offered, membership is county-wide, club officers are elected and conduct the meeting.

Special Emphasis Volunteer

This is an individual who works with a 4-H group and offers a series of activities designed to meet the needs and interests of youth within a community or county. This is different than a Project Club Leader in that the youth do not belong to a "club." (Officers are not elected and the activities are generally shorter term and culminate in the completion of an activity.) An example could be a Country Ham Volunteer, who organizes the Country Ham project, but doesn't engage the members in club meetings or activities. The special emphasis volunteer often coordinates the program or a part of it. A second example would be a camp volunteer.

School Enrichment Volunteer

Any individual, often a classroom teacher, who works with a 4-H program in a formal classroom setting. This program may be either short- or long-term (throughout the school year). School enrichment programs are offered during school hours to enrich the formal education experience. A school enrichment program focuses on hands-on experiences and provides real life application of knowledge gained, increasing the understanding of difficult concepts, development of life skills and fosters the development of youth as young adults. Examples include Reality Store Volunteers, Speech or Demonstration Judges, etc.

4-H Committee Member

Individuals may participate as members of standing (long-term) or special (temporary, ad hoc) committees. Committee members often have less direct involvement with youth and serve in more of an administrative role in the 4-H program.

4-H Council Member

4-H Council members oversee the county-wide 4-H program. This is a formal, decision-making group serving in an administrative role. Councils generally schedule from 6 to 12 meetings each year and have broad discretion in programmatic oversight.

Youth Volunteer

An older 4-H member with the ability to function in a variety of 4-H roles, with the exception of Community Club or Project Leader. Developing leadership and fostering responsibility are two fundamental components of this position. Examples include mentoring younger 4-H members, serving on the 4-H Council, 4-H committees, Jr. Camp Counselors, 4-H Ambassadors, etc.

**Point System for selecting:
Outstanding Junior and Senior Member
Outstanding 4-H Club**

Activity	Point Value				
	Club	County	District	State	
4-H Camp		30			
Ambassador		75			
Club Officer	20		20	20	
Community Service (Each activity, limit 5)	10	20	20		
Demonstration Contest	15	50	20	20	
Exhibit Projects (limit 3)		30		10	
Honors Program				75	
Country Ham Project	10	20		30	
Teen Summit				30	
Judging Contest		20	30	30	
Judging Training		10	10		
Leadership Program		50			
Livestock/Horse Show		20	30	30	
Poster Contest	10	20	10		
Poetry Contest	10	20	10		
Project Record Book		50			
Project Workshops	10	10	10	10	
Shooting Sports Contest	10	20	30	30	
Sponsored Competitions		30	20	20	
Talk Meet	10	30	20	20	
Teen Conference				50	
Teen Leader at Camp		50			
Variety Show		30	20	20	
Total Points					